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## SCHOOL LUNCH IMPORTANT IN CHILDREN'S LIVES

University of Missouri Bulletin Gives  
Suggestions as to Constituents  
and Preparation of the School  
Lunch

With the opening of school only a few weeks away, the busy mother is again soon to be confronted with the problem of her children's school lunch. To give her a few suggestions, the agricultural extension service of the University of Missouri has just issued a bulletin, "The Cold School Lunch."

A growing child at school must have plenty of good, wholesome food that is easily digested, says the bulletin. The less unnecessary tax put upon his digestive organs the more energy he will have to spare for mental work. The lunch should be carefully selected, keeping these general points in mind: (1) The child should have plenty of protein to keep him growing and this should be gotten from eggs and milk rather than meat, (2) ripe fresh or cooked fruits should be a part of every lunch, (3) fats should be supplied in the form of whole milk, butter on sandwiches and egg yolks, (4) fried foods are hard to digest and should not form part of the lunch, (5) a few pieces of good, homemade candy may be given, and an occasional portion of well made pie, (6) add vegetables to the lunch whenever possible.

Some wholesome lunches suggested by the bulletin are:

1. One chicken sandwich, one jam sandwich, one apple, one glass of milk, one small piece of cake (two graham or plain crackers and two apples for recesses).
2. Brown bread and butter sandwich, cottage cheese sandwich, celery, one orange, nut and raisin cookies.
3. Ham sandwich, bread and butter sandwich, fudge sandwich, apple

sauce, one glass of lemonade.

Another important thing to consider is the lunch container. The lunch should never be wrapped in newspapers, but put in tin pails, fiber boxes, baskets or the ideal but rather expensive thermos lunch box. Waxed paper, plain white paper napkins, seal tight jars or thermos bottle to carry semi-liquid foods and drinks are also important in packing the lunch.

## PEACH SHIPMENTS ON FRISCO CEASE

Movement for Year is Over, The Total  
of Cars Being 342 as Compared  
with 2,114 Which Were Mar-  
keted in 1915

Springfield, Aug. 19.—Peach shipments on the Frisco have practically ceased. No carload shipments have been made for several days, according to the green fruit report issued in the office of J. H. Doggrell, superintendent of transportation. On August 18, last year, 104 carloads were shipped.

So far this season only 342 cars have been shipped as compared with 2,114 cars last year. The watermelon season, however, has been usually favorable according to the report. To date 2,795 carloads have been shipped from points on the Frisco as compared with 1,155 carloads last year.

Seventeen cars of cantaloupes have been shipped so far as compared with 46 cars last year.

## SOUTH MONETT NEWS

Mrs. Cecil Medlin is on the sick list.

Those from here who attended the Cassville reunion Thursday were Mrs. Wm. Thompson, Mr. and Mrs. W. H. Lipe, Mrs. Laura Long, Miss Mabel Beasley, Mr. and Mrs. C. W. Vaughan and daughter, Clara, Carson Wood and Harold Spain.

## COUNTRY NEWS

Miss Marcella Lendall, of Oat Grove is home from Kansas City.

Mr. and Mrs. Will Brennan of Kansas City, are the proud parents of a baby girl. Mrs. Brennan formerly was Miss Clara Miller.

Mr. and Mrs. Henry Deitrich and family and Mr. Joe Deitrich of Monett, Mrs. Will Mettlich and daughters Katie and Myrtle, Mr. and Mrs. Adam Lendall and daughters, Misses Marcella and Emma, Valentine Lendall, Misses Bertha and Margaret Mettlich were guests of Mr. and Mrs. Joe Gasser and family, Sunday.

Last Wednesday Joe Boman had the misfortune of having his granary struck by lightning but not much damage was done.

A large crowd was at the party at Edith Carver's, Saturday night.

Joe Boman has been ill but is some better. Her sister, Miss Bertha Mettlich is staying with her.

Mr. and Mrs. Joe Boman and little daughter Helen Marie were at the funeral of their niece, little Marie Brennan, Sunday.

Will Taunton and son Vernie were visitors on the Prairie, Tuesday.

Mr. and Mrs. Elwood Griffin were visitors of Fred Strubling and family, Tuesday.

Grandma Strubling called on Mrs. Carrie Lawyer, Monday.

Mrs. Will Taunton and children and Miss Lenna Strubling called on Mrs. Joe Boman and daughter, Helen Marie, Tuesday.

Joe Boman bought a fine calf from Earl Hegbush, Wednesday.

## KING & HUTCHESON FURNITURE STORE SOLD TO JAS. M. KING

Pursuant to order of court, Pat's Martin sold, Saturday forenoon, the King & Hutcheson stock of furniture and undertaking, including accounts, to Jas. M. King, a member of the late firm for \$14,700. The bid of Mr. Hutcheson was \$14,650.

The action of the court was taken to effect a dissolution of partnership, and not because of any financial difficulties. The books of the firm show that the business was in a very prosperous condition.

Mr. King will, for the present at least, remain at the present location.

What Mr. Hutcheson will do in the future we have not been informed.

## THE SKIRT IS COMING DOWN

The skirt has surely gone up as high as it's going to and now it is coming down. The shoemakers know it, and it is a matter of business with them to know, too. They have taken about two inches off the tops of the new fall shoes. This new skirt is not coming way down, however. It will stop about at the ankles. The tendency, too, is toward straight and narrow lines. But it will be a long way from the hobble. Women having been hobbled once are not likely to be hobbled again. That's where the delights of freedom come in. By the way, Callot of Paris was among the first of the sponsors for this longer skirt.

The pert, flaring and bouffant skirt will still be worn; but it has lost its novelty, and that was the best part of it. Lots of women, however, thought its youthfulness the best part. They claimed that you couldn't tell the grandmother from the granddaughter, when viewed from behind, by wearing it. But you see the granddaughter doesn't care about this, if a new style seems more attractive, and the poor grandmother must submit. It does seem as though youth and fashion are always in league, quite forgetting that middle age and old age have aspirations about being tastefully clothed.—Grace Margaret Gould in the September Woman's Home Companion.

Joe Newman left Monday night for Charlevoix, Mich., where he will join his mother, Mrs. M. J. Newman, and his brother, William. He will remain there until about the middle of September when he will go to St. Louis to enter Washington University.—Peirce City Leader.

## AMERICAN TROOPS TO BE WITHDRAWN

General Funston in Report on Military  
Situation Recommends Recall of  
General Pershing's Expedi-  
tionary Forces

Washington, Aug. 19.—A recommendation from General Funston that the American troops be withdrawn from Mexico was contained in a recent report on the military situation made at the request of the war department and designed for use of the joint commission which will discuss border problems.

State department officials do not attempt to disguise their regret over premature publication of General Funston's conclusion and indicated today that it would not cause any alteration in plans.

Officials realize, it is understood, that the most pressing matter for discussion by the commission from the Mexican viewpoint will be the question of withdrawal of General Pershing's expeditionary forces. In order to furnish the American commissioners with full information General Funston was asked to express his views on the military aspects of the expedition.

There is every indication that the commissioners and later the administration were expected to abide by the recommendations of General Funston. Publication of the fact that General Funston believes it wise to withdraw the force may hamper the American commissioners some officials think in obtaining whatever guarantees they may ask the Mexican government as to security of the border from bandit raids.

It is believed the administration was fully prepared to arrange for the recall of General Pershing's force since both state and war department officials are understood to share the views expressed in General Funston's report. There can be little doubt, it is now said, that the withdrawal will be promptly agreed to when the commission meets the conferees then turning their attention to the drafting of a protocol to cover future border operations, investigation of the causes of bandit raids and such other matters as they may wish to take up.

## ATTENDING THE STATE DEMOCRATIC CONVENTION

W. J. Fleming, member of the state Democratic committee, departed for Jefferson City Monday to attend the state Democratic convention, which will be held Tuesday. He went by way of Joplin, where he was met by other delegates and campaign workers.

## RYE FOR FALL PASTURE

After six weeks of severe drought and intense heat, blue grass and most other pastures are so dry that they will furnish no pasturage until late in the fall, even with the aid of the usual late summer and early fall rains. The man who has much live stock on hand will find it necessary to provide temporary fall and winter pasture. For this purpose there is no better crop than rye, according to C. B. Hutcheson, of the Missouri Agricultural Experiment Station.

Rye may be seeded any time during September or October and is not attacked by the Hessian fly, so it will not endanger fall wheat. It may be sown just as early as the seed bed can be put into proper condition on stubble land or after corn has been cut for silage or fodder.

A bushel and a half is enough for early sowing, but two bushels should be used later, or a mixture of thirty or forty pounds of rye and fifteen or twenty pounds of vetch will give good results if sown late in August or early in September.

Small fields of such cover crops furnish a great deal of pasture at little expense and leave the soil in better condition than if they had not been grown. The vetch is a legume which adds nitrogen and the fine roots of rye protect the soil against washing, which is more serious between growing seasons than most people realize. Next spring the rye may be turned under as a grain manuring crop before corn planting time.

## "A CYCLONE," SAYS HEFLIN

Predicts Wilson's Election by Largest  
Popular Vote Ever Polled.

Representative "Tom" Hefflin, the eloquent congressman from Alabama, was in New York last week conferring with the Democratic campaign managers.

"They speak of it as a 'drift' to Wilson," said Mr. Hefflin. "If I am able to judge correctly, it isn't a 'drift'; it's a cyclone."

President Wilson will poll the solid Democratic vote and will receive the support of more than half of the Progressives, and he is going to have the support of thousands of progressive-thinking and forward-looking Republicans.

President Wilson deserves to be re-elected on the record of his administration. Constructive legislation, peace and prosperity enjoyed under Wilson constitute an argument that cannot be answered. He is entitled to receive the vote of every patriot in the country, and my judgment is that he will be elected president by the largest popular vote ever given a presidential candidate.

Boost your town—don't knock.

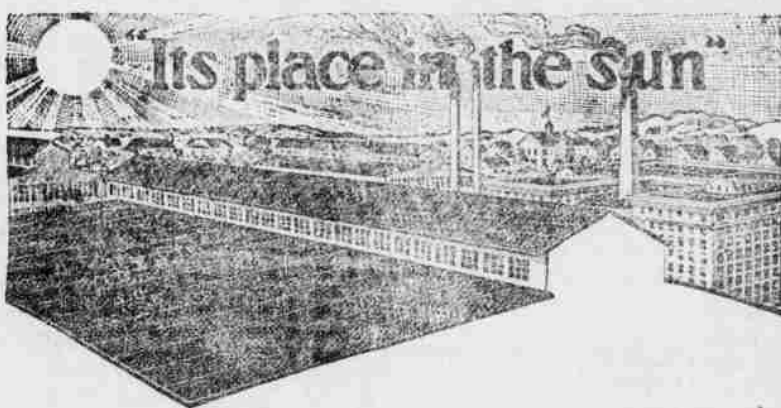
## CANNOT GET AROUND PEACE.

The great fact of the peace which has been maintained by the United States, alone of all the great civilizations of the world, Mr. Hughes does not and cannot get around. Neither can he deny the unequalled prosperity the country is enjoying, but he seeks to minimize it by the rhetorical puerility of trying to persuade the American people that they are living in a fool's paradise. That is an attempt to hoodwink the American public that will stick fast to Mr. Hughes' political skirts through the campaign, and which neither Mr. Hughes nor his candidacy can ever shake off.—Buffalo (N. Y.) Times (Democratic).

Jimpson weed is being used as a cure for asthma. The victim is debating as to whether the disease or the remedy is the worse.

In one township in Illinois the assessor found ten watches and clocks, eighty-two automobiles and seventy-two pianos. He failed to report on washing machines and other luxuries.

Mrs. Albert Trimble spent Saturday in Joplin.



TO hold "its place in the sun," is the avowed purpose of a great nation's conflict. To hold "its place in the sun," is the object of every business in the great fight for industrial and commercial supremacy.

To be able to hold "its place in the sun," is the supreme test of an asphalt roof. It is the sun, not rain or snow, that plays havoc with a roof. If it can resist the drying out process of the sun beating down upon it, day after day, the rain or snow will not affect it except to wash it clean and keep it sanitary.

## Certain-teed Roofing

takes "its place in the sun" and holds it longer than other similar roofing, because it is made of the very best quality roofing felt, thoroughly saturated with the correct blend of soft asphalt, and coated with a blend of harder asphalt. This outer coating keeps the inner saturation soft, and prevents the drying out process so destructive to the ordinary roof.

The blend of asphalt used by "The General" is the result of long experience. It produces a roofing more pliable than those which have less saturation, and which are, therefore, harder and drier.

At each of the General's big mills, expert chemists are constantly employed to refine, test and blend the asphalt used; also to experiment for possible improvements. Their constant endeavor is to make the best roofing still better.

The quality of CERTAIN-TEED is such that it is guaranteed for 5, 10 or 15 years, according to thickness (1, 2 or 3 ply). Experience proves that it lasts longer. Behind this guarantee is the responsibility of the world's largest manufacturer of roofings and building papers.

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